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'LEGALLY KIDNAPPED'

Teenager Lexi Whyte sits with her mother, Jessica Taylor, in a bedroom of their Calgary home. The pair were reunited last month after child services took custody of Lexi for six months amid claims Taylor manufactured and exaggerated her daughter's illness. Now, with little explanation of what happened, Taylor is looking to clear her name and offer a cautionary tale to other parents. Story, page 4. JEREMY NOLAIS/METRO

Redford warns of $6-billion shortfall in oil revenues

On air. Premier gave the dire news in an eight-minute TV spot aired across Alberta

Premier Alison Redford, in her first TV address, warned Thursday of tough fiscal times and multibillion-dollar revenue shortfalls due to the "bitumen bubble."

She said the bubble — the difference between the benchmark price for oil in North America versus Alberta's oilsands bitumen — has grown so wide it will take a $1-billion bite out of this year's budget and $6 billion the next.

"As we prepare this year's budget, it means we have to make some very difficult choices," Redford said in the eight-minute TV spot aired around the province.

Redford has said in the past she won't balance the budget by sacrificing core service delivery in health and education or by short-changing municipalities.

In the speech, Redford reiterated her pledge not to hike taxes.

"It is not good enough to take the easy way out and raise taxes," she said in the video.

She also said that despite the financial austerity, the plan is still to invest some energy revenue in the Heritage Savings Fund in the next budget.

Opposition critics labelled the speech, which cost $55,000 for airtime and production costs, a hollow public relations exercise.

"There was absolutely nothing in this speech tonight that should give Albertans any confidence that this premier knows how to solve the problems she created," said Wildrose Leader Danielle Smith.

"You simply cannot say we're going to keep on spending but we're going to live within our means, we won't raise taxes (and) we'll also have money left over for savings." THE CANADIAN PRESS

Quoted

"As we prepare this year's budget, it means we have to make some very difficult choices."
Premier Alison Redford

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Johnson's pitch. Catholic, public students under one roof?

Public and Catholic students could soon mix in Alberta schools more often — throw in some francophone learners too.

As the province explores ways to get the most bang for its infrastructure buck, Education Minister Jeff Johnson said all school boards should be exploring the possibility of partnering with each other to house students under one roof.

"Our expectation and our encouragement to the boards is they will exhaust those potential opportunities," Johnson said. "It can be done and is being done in certain areas of the province."

In September, Johnson was on hand to break ground at a new school in Fort McMurray that will feature classrooms for both public and Catholic students as well as a community centre.

Both the Calgary Board of Education and Calgary Catholic School District have already begun working to attach or construct their buildings next to existing municipal infrastructure such as recreation centres and medical clinics.

A quick glance at the capital plan wish lists for both boards reveals the top three new school projects sought by CCSD — elementary schools in Aspen Woods and Evanston as well as an elementary-junior high in Auburn Bay — are located in neighbourhoods where CBE officials are also eyeing new buildings.

But officials here were quick to point out that surging enrolment in those areas would likely rule out a co-mingled school because there would be simply too many students slated to attend.

Mary Martin, CCSD trustee chair, added, "One of the things that makes education in Alberta particularly strong is the fact that we offer choice. The last thing anybody would want to see is a monolithic system." JEREMY NOLAIS/METRO

Not 'good use of public money.' Don't expect an Edmonton-style arena deal in Calgary, says Nenshi

Edmonton's city council may have agreed to help fund a new arena in that city but there appears to be little appetite among Calgary council to do something similar here.

"I'm open to conversation but I don't believe in public money subsidizing private profit in general," Mayor Naheed Nenshi tweeted in response to a question about how the Edmonton arena deal would affect Calgary.

The mayor added, "It will be hard to convince me it's a good use of public money."

Ald. Ray Jones, who serves as council's representative on the Saddledome Foundation board of directors, expressed a similar sentiment.

Any hypothetical replacement to the Saddledome shouldn't follow the same funding model just approved in Edmonton, say several members of Calgary city council. METRO FILE

"The big problem we got is, we don't have any money," he said Thursday, noting that Calgary still hasn't figured out how to come up with the billions of dollars in infrastructure upgrades called for in the city's RouteAhead transit plan.

"To put a $500-million arena on top of that — I don't think the taxpayer would appreciate that very much," Jones said.

Edmonton approved a deal on Wednesday that would see the city put $219 million towards the construction of a $600-million downtown arena complex to replace Rexall Place. ROBSON FLETCHER/METRO

Airdrie man's blood may lead to cure for rare disease

Trial. Researchers plan to correct DNA in man's blood sample, inject it into mice with Fabry disease

ROBSON FLETCHER
robson.fletcher@metronews.ca

An Airdrie man's blood could hold the key to a rare and mysterious disease that inspired an episode of the television series House.

Chris Armstrong was born with Fabry disease but wasn't diagnosed with the unusual condition that presents a wide range of symptoms until 2007, at the age of 28.

"Up to that point they figured it was just growing pains," he said, "I had sore feet and sore hands."

The pain became so severe, it began to affect Armstrong's daily life.

"There would be days when I couldn't even lift a pot," he said.

Chris Armstrong talks with his physician, Dr. Aneal Khan, at a Calgary hospital on Thursday. ROBSON FLETCHER/METRO

Like roughly 400 other Canadians with the disease, Armstrong now undergoes enzyme-replacement injections every other week, which ease the symptoms but cost the health-care system $250,000 a year.

But new research based on Armstrong's blood could lead to long-term relief, and possibly even a cure, said Dr. Aneal Khan of the University of Calgary.

Researchers plan to correct the DNA in his blood sample and inject the blood into mice with Fabry disease.

If all goes well, Khan said, similar human transplants could begin within two years.

"We couldn't advance the science without the help of people like Chris," said Dr. Jeffrey Medin, the lead investigator in this initial trial.

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Family copes with lasting wounds after teen's six-month absence

'Legally kidnapped.' Child services took girl on suspicion her mom was causing symptoms via mental illness and abnormal treatments

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Without hesitation, Calgary mother Jessica Taylor can recite the exact date and time her daughter Lexi Whyte was taken.

"May 7, 2012, 2:40 p.m.," she said. "There was no warning, nothing at all. They legally kidnapped her. I have said that openly hundreds of times."

A court order specified that assessors working on behalf of Alberta's child services believed Taylor was creating and exaggerating symptoms Lexi had been combating for a year and a half. They also took issue with subjecting the teen to treatments at a local integrative-medicine centre operating outside of Alberta Health Services' umbrella.

Lexi wasn't given a chance to say goodbye to her parents. She would spend the next six months in hospital, then a group home. During that time, the youngster missed out on celebrating her 16th birthday, her beloved ballet lessons and her grandfather's funeral.

She also reported a worsening of longstanding symptoms: frequent vomiting, widespread rashes, peeling skin and more. At one point, Lexi fractured two teeth while gritting through the pain.

Now, back at home together, both mother and daughter admit their relationship may never be the same but hope to use their claims as a warning to other families.

Patient-confidentiality laws prevented Alberta child-services spokesperson Roxanne Dube-Coelho from speaking specifically about Lexi's case, but she said apprehension of a child is always the "last resort."

"We need to prove to a judge that this child is at risk in the care of their parent and that there are no other options to ensure that child's safety," she said.

Medical records indicate surgeons removed a skull lesion from the teenager's head in May 2011. A scar is visible on Lexi's scalp, and the 16-year-old jokes that a few hairs along the incision line stick up straight unless she parts them a particular way.

Even after the operation, the family reported that symptoms remained; however, court records show they were beginning to face opposition from the medical community.

"It was determined at (a) meeting that Lexi's condition is not consistent with her diagnosis of the lesion and subsequent surgery," a portion of the documents read.

The family did begin to seek second opinions in early 2012, eventually landing at the doorstep of the Hoffman Centre for Integrative Medicine.

"What else could we do?" said Lexi's stepfather, Tyrone Jansz. "We couldn't just move on and pretend everything's all right."

According to court documents, the centre engaged Lexi in a cleansing process that saw portions of her blood temporarily removed and run under ultraviolet light.

While Lexi and her parents reported some improvement in symptoms, an assessor submitted claims to a judge that state the process is illegal when conducted outside of a hospital. A court order was issued on the claim Lexi had suffered emotional abuse.

An accompanying medical query questioned whether Taylor suffered from Munchausen syndrome by proxy, a rare form of child abuse that involves a parent or caregiver exaggerating and fabricating illnesses or symptoms of a child.

Taylor said she was never given a chance to defend herself in court.

The court order specified she would be required to participate in treatment or remedial programs; however, Taylor said this never occurred.

On Dec. 17, more than six months after she was apprehended, an application was withdrawn in court without explanation, and the youngster returned home.

Today Lexi has said she's feeling somewhat better and has been slowly ramping up her food intake and time spent in school.

Her official diagnosis is "unexplained pain syndrome," and Taylor said the family is concerned because it has yet to be provided with any indication of future treatment.

"It feels, in a way, like we have been punished for raising concerns when we were watching her die," she added.

New family

> **"In the group home, there was one girl that was constantly trying to hurt me. I was scared for my life."**
> Calgary teen Lexi Whyte

Lexi Whyte clutching a bear made by her friends during one of her stints in the Alberta Children's Hospital. CONTRIBUTED

No formal diagnosis

Severe cases of syndrome do exist

While mother Jessica Taylor maintains she's never been formally diagnosed with Munchausen syndrome by proxy, precedents do exist to indicate how a parent's mental health can have a heavy impact on a child's physical well-being.

Munchausen syndrome by proxy was classified by a British doctor in the 1970s to describe two instances in which mothers had fabricated, lied about and induced symptoms in their children.

Charles Coleman, a Calgary psychologist and family therapist, said he hasn't seen full-blown cases of the syndrome in his practice; however, he's witnessed the power a parent can have over their child's thoughts.

"Everything's within the realm of possibility," Coleman said.

METRO

Lexi Whyte in May 2011 after an operation to remove a skull lesion. CONTRIBUTED

Drugs prescribed

30

Lexi Whyte was prescribed more than 30 different drugs over a period of two years to relieve various symptoms she was experiencing.

Binders filled

7

Jessica Taylor said Alberta Health Services has seven binders full of documents related to her daughter's medical testing and various theories about her condition.

Funds raised

$30,000

Fundraising undertaken by friends and family raised $30,000 for Lexi to undergo treatments not provided by Alberta Health Services.

Long, painful journey

> **"I was tired of the endless diagnoses ... and watching her suffer. Then, they wanted to chalk up all of these clearly visible symptoms to it being in my head or her head — that's not fair."**
> Calgary mother Jessica Taylor

Open Arms

Patient advocacy group is reviewing the case

Mother Jessica Taylor said she wants a full explanation of why her daughter was apprehended and is considering legal action against Alberta child services as well.

The Open Arms Patient Advocacy Society is currently reviewing the case, and co-founder Rick Lundy said he sees many issues with the apprehension — most notably the lack of concern for Taylor's other two children if, in fact, she was suffering from mental illness, as assessors claimed.

"We know the work performed by social services is very difficult, but they need to get it right," Lundy said. "In this case they were wrong, and this poor family paid the consequences."

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When the stereotype fits.
Women love their shoes: Statistics back it up

It's official: Women do indeed buy more shoes than men. The surprising element is that it's only twice as many women buying all of those shoes.

Forty-one per cent of women say they buy more than seven pairs in a year, while 20 per cent of men admit to the same number. So men are no slouches in the shoe-buying department, either.

The survey results come from Play Taxi Media, a Canadian-based media company with a national network of touch screens in taxicabs. The company surveyed more than 8,000 riders in December, and people of both sexes responded in equal numbers.

It's more common for men to buy between one and three pairs of shoes a year, as 42 per cent of them do.

That same 42 per cent also spend less than $250 on shoes during a year, but another 31 per cent spend more than $500.

The numbers are the opposite for women: 37 per cent spend more than $500 a year on shoes, while 31 per cent spend less than $250.

But the sexes do come together when it comes to shoe brands, as Aldo is the top stop for both men and women. Town Shoes, The Bay and Brown's are also among the most popular stores for footwear in Canada. **PLAY TAXI MEDIA**

BIRDS HAD IT RIGHT — THE POWER OF TWEETS

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

What did you do on Monday night?

I spent most of the night arguing, debating, posturing or whatever you want to call it with Zak Pashak (@zakpashak).

For hours, the founder of the Sled Island Festival and I traded barbs back and forth about the significance (or lack thereof) of Oprah coming to Calgary and the promotional efforts of Tourism Calgary (@calgary). The thing that made this particular argument unique is that I had never met Zak before, and I still haven't.

Welcome to the world of Twitter.

The social-media tool has changed how we communicate with everyone in our lives, from politicians to athletes and, yes, even strangers whom we'll never meet. We all remember how Mayor Naheed Nenshi (@nenshi) used Twitter to help nail his first victory in 2010, right? Used properly, Twitter can be a persuasive tool, so it'll be interesting to see who uses it, and how, during this year's election.

It's also transformed the way we talk to agencies that we'd normally be too scared to call. Every day, thousands of Calgarians access the accounts of Calgary Police Services (@calgarypolice), Calgary Transit (@calgarytransit) and the Calgary Parking Authority (@calgaryparking) to get answers or to receive up-to-the-second updates.

It's created an unprecedented relationship between these organizations and citizens. Follow any one of those accounts and you'll notice that almost every question, complaint and — rare — compliment is acknowledged and attended to. It's a modern-day comment card, for the whole world to see.

And it's not just the professional accounts that are making a difference: @MisterYYC always tells me about the cool festivals and events that I should know about; @YYCLostPet spreads the word about lost pets; @Crackmacs tweets about all the happenings at downtown's most infamous intersection; @YYCdeals is devoted to helping Calgarians travel on the cheap; and @yycfoodtrucks helps me keep my hungry-to-starving ratio as optimal as possible.

Twitter to the rescue!

It's not just the professional accounts that are making a difference: @MisterYYC always tells me about the cool festivals and events that I should know about ... @Crackmacs tweets about all the happenings at downtown's most infamous intersection ... and @yycfoodtrucks helps me keep my hungry-to-starving ratio as optimal as possible.

Calgary's Twitter feeds aren't always friendly. As with any playground, there are lots of people who use their accounts to bully or harass others. Acknowledging them here would only publicize their actions. Yes, even on Twitter, it's usually best to take the high road.

However, let's go back to the argument I had with Zak. It's not the first time I've spent my nights debating important issues — just ask X929's @rogerkingkade.

But whether the conversation is happening in real life or online, at the end of the day most of us just want Calgary to be the best city possible, which is always worth tweeting about.

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Cowtown crooning

It seems Montreal and Toronto's music scenes have been getting all the glory recently. Well, step aside, insular easterners, because here are five Calgary acts that will make you sit up and listen in 2013.

COMPILED BY LISA WILTON
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Wakeup Starlight

In 2011, this Calgary trio managed to break into the Billboard All Audience Chart with its debut album, The Breakdown, which sold more than 10,000 copies in the U.S. The alt-pop group's new record, The White Flags of Alderaan, features Mumford & Sons-style folk to energetic ska and is now available on iTunes. It will be released to radio on Feb. 1, followed by what they hope will be extensive tours.

Samantha Savage Smith

Not only does Samantha Savage Smith boast a silky, sultry set of pipes; she also possesses superb songwriting abilities that belie her youth. Her debut self-titled album is one of the best local records to be released in the past five years.

She's currently in Iceland taking part in an artist exchange. She is a featured performer at the Feb. 2 Sonic Waves event at Festival Hall.

Makeshift Innocence

Led by charismatic frontman, Jesse-James Cameron, Makeshift Innocence is one of Western Canada's most popular and exciting live acts.

The award-winning roots-reggae band has showcased all over North America, and will be heading to Jamaica in February to record its new album.

Makeshift's latest record, Yours to Keep, is being released in Germany in March.

Miesha & the Spanks

Miesha Louie spends almost as much time on the road as she does at home. But her road-warrior existence is beginning to pay off. She's conquered the national college-radio charts and is hoping to build on that success when her new record, Girls, Like Wolves, is released in April.

Catch her and the Spanks Friday at The Palomino and Feb. 8 at Broken City before they hit the road again.

Reuben and the Dark

Singer Reuben Bullock admits he was a late bloomer when it came to music. But he's certainly been making up for lost time. Bullock's emotionally intense indie folk has gained him a loyal following in town and caught the ear of Florence + the Machine's manager.

The band will showcase at Canadian Music Week in March and is playing Festival Hall's grand opening on Saturday.

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Inquiry. Guard scolded for helping Ashley Smith

A correctional officer who scrambled to cut a ligature from the neck of a teenaged inmate as she turned dark purple was reprimanded for his efforts, an inquest into her death heard Thursday.

In fact, an emotional Blaine Phibbs testified, a prison manager warned him he could be formally disciplined or even charged criminally if he went into Ashley Smith's cell again under similar circumstances.

Video of the incident played for the inquest showed Phibbs and other guards entering Smith's segregation cell at the Grand Valley Institution in Kitchener, Ont., about a month before she finally strangled herself.

The heart-breaking cycle would be repeated.

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Chief Spence opens new chapter for First Nations

Political struggle. Vow to improve conditions for aboriginals agreed upon by chiefs, federal opposition parties

Attawapiskat Chief Theresa Spence emerged from hospital Thursday to sign the First Nations declaration that ended her hunger protest after six long weeks — a period during which Stephen Harper barely uttered her name.

Indeed, for a crisis that just two weeks ago had the prime minister squarely at its centre, it seemed a weary and chaotic finale, one largely devoid of anti-Harper vitriol.

The Cree leader, who hadn't had solid food since Dec. 11, spent most of the day recovering in hospital, only to show up unannounced at a celebration that brought First Nations chiefs from across the country.

A chanting, drumming crowd greeted her at a downtown Ottawa hotel, where she thanked family, friends and supporters for their backing during the six chilly weeks she spent on Victoria Island, just upstream from Parliament Hill.

She suggested she now intends to step back from the political struggle.

"There you go, chiefs, you take over and I'll be part of the audience sometimes, so I'll be watching you guys," Spence said, calling for unity among First Nations leaders.

"It's time to really stay together no matter what hardship that we go through, and no matter what the government intends to do to us to divide us. Always remember that we're here together and we're here for our people, especially the youth."

Emissaries from federal opposition parties kept a low profile at the second ceremony, where Spence herself signed the declaration that had been so painstakingly crafted to bring her protest to a conclusion.

The end came as other chiefs and federal opposition parties vowed to take up her cause of treaty implementation and improved conditions on reserves. And it followed careful negotiation by interim Liberal leader Bob Rae.

Rae said he told Spence: "It's everyone's struggle. But no one should die."

The chiefs and the politicians signed the 13-point declaration committing them to seeking immediate improvements to native housing and education; a meeting of First Nations chiefs, the prime minister and Governor General; and full implementation of treaty and aboriginal rights within five years.

THE CANADIAN PRESS

Attawapiskat Chief Theresa Spence, right, takes part in a celebration after ending her hunger strike. She sits with fellow hunger striker Raymond Robinson in Ottawa on Thursday after being released from hospital following an overnight stay. SEAN KILPATRICK/THE CANADIAN PRESS

Getting the boot?

Ford to hear verdict Friday morning

Toronto Mayor Rob Ford will learn Friday morning if the courts have ejected him from office midway through his four-year term.

The news as to whether a divisional court panel has upheld or nullified a lower-court ruling that Ford breached the Municipal Conflict of Interest Act will be made public at 10:30 a.m.

If Ford loses, Deputy Mayor Doug Holyday will take over temporarily and council will vote on how to pick the next mayor.

Rob Ford
THE CANADIAN PRESS

TORSTAR NEWS SERVICE

Missing Canadians

Break in weather could hold only chance for rescue

A forecasted break in the weather could be the best opportunity for searchers to find three Canadians missing in Antarctica.

Steve Rendle of New Zealand's Rescue Coordination Centre said skies were expected to clear in the area Saturday morning local time — Friday afternoon in Alberta — which could allow rescue teams to fly over where the plane owned by Calgary-based Kenn Borek Air is believed to have gone down.

The Twin Otter began transmitting signals from its emergency locator beacon early Wednesday.

THE CANADIAN PRESS

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India. Rape-and-murder trial starts behind closed doors in fast-track court

The trial of five men charged with the rape and murder of a 23-year-old student on a New Delhi bus began Thursday with opening arguments by the prosecution in a special fast-track court set up just weeks ago to handle sexual-assault cases.

A sixth suspect has claimed he is a juvenile and is expected to be tried in a juvenile court.

On Thursday, a magistrate separately rejected a petition by Subramanian Swamy, a prominent politician, that no leniency be shown toward the accused who claims to be a juvenile because of the brutal nature of the crime, said Jagdish Shetty, an aide to Swamy.

Magistrate Geetanjali Goel is expected to rule on the suspect's age on Jan. 28.

Since Friday is a public holiday in India, the next hearing in the case was set for Monday, when the defence will present its opening arguments.

THE ASSOCIATED PRESS

Gag order

The courtroom was closed to the public and the media — a routine move in Indian rape cases — even though defence lawyers had argued that since the victim is dead, the proceedings should be opened.

Cloud Atlas

Chinese censors slash love scenes

Nearly 40 minutes have been chopped from the film Cloud Atlas for Chinese audiences, deleting both gay and straight love scenes to satisfy censors despite a public that increasingly chafes at censorship.

China allows only 34 foreign films to be shown each year in its movie theatres, which don't have a classification system. All movies must be acceptable to adults and children of any age. Censors also target anything that portrays China or the Chinese in a negative light.

THE ASSOCIATED PRESS

Military 'more powerful' with women: Pentagon

There are 48 women presently working on the front lines in Afghanistan, deployed as the second Female Engagement team. PAULA BRONSTEIN/GETTY IMAGES

Front-line combat.
Lifting the U.S. ban on female fighters will take time to implement

Allowing women to serve in combat roles will strengthen the U.S. military's ability to win wars, Defence Secretary Leon Panetta said Thursday, shortly before his official announcement of the landmark lifting of the ban.

"Our military is more capable, and our force is more powerful, when we use all of the great diverse strengths of the American people," Panetta said.

President Barack Obama supports the Pentagon's decision and believes the country should continue to remove "unnecessary gender-based barriers to service," White House spokesman Jay Carney told reporters.

The decision presents a daunting challenge to military leaders who will have to decide which, if any, jobs they believe should be open only to men.

Women comprise about 14 per cent of the 1.4 million active military personnel.

THE ASSOCIATED PRESS

Problem of respect

Ban tied to sexual assault

The top U.S. military officer says he believes the rise in sexual assaults in the military can be linked to the longstanding ban on women serving in combat.

Gen. Martin Dempsey said Thursday the problem is due partly to the military's separate classes of personnel — male "warriors" versus the rest.

Dempsey says the issue is more complicated than that but he indicates the disparity between the roles of men and women has created a psychology that lends itself to disrespect.

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Creditor claims. Mediation to divvy up Nortel assets fails to yield agreement

Efforts to divide up nearly $9 billion in assets from the now-bankrupt Nortel Networks Corp. ended Thursday without an agreement.

A spokesman for the talks says Ontario Chief Justice Warren Winkler, who was leading the proceedings, has concluded that further efforts at mediation were no longer worthwhile.

The negotiations began in Toronto on Jan. 14 and were supposed to conclude that week. They were extended twice.

This was the third attempt at settling claims against the former telecom manufacturing giant's business lines and intellectual property by about 100 creditors around the world, including companies in 20 countries on every continent except Antarctica.

Nortel filed for bankruptcy in North America and Europe in 2009. TORSTAR NEWS SERVICE FILE

The myriad of creditors include Nortel pensioners, disabled former employees, bond holders, trade creditors and governments.

It was not immediately clear what next steps would be taken. THE CANADIAN PRESS

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McDonald's says the Alaskan pollock used in its Filet-O-Fish sandwiches will come from suppliers with sustainable fishing practices. The move reflects growing concern among consumers about the source of their seafood. THE ASSOCIATED PRESS FILE

There's nothing fishy about these sandwiches

Sustainable sourcing. Ecolabel will certify that Alaskan pollock in McDonald's Filet-O-Fish is from ethical suppliers

McDonald's says it will be the first U.S. national restaurant chain to carry a label from a group that certifies sustainable fishing practices.

The blue "ecolabel" from the Marine Stewardship Council certifies that the Alaskan pollock used in McDonald's Filet-O-Fish sandwiches comes from suppliers with sustainable fishing practices.

Major retail chains including Walmart and Whole Foods already use the council's label. The non-profit group is paid a royalty fee from companies that use its label. For McDonald's, that means the fee would be based on sales of its fish offerings, such as the Filet-O-Fish and the Fish McBites that will be launched as a limited-time offer next month.

The Marine Stewardship Council, which has its international base in London, has about 300 fisheries in its program, representing between 12 to 14 per cent of the world's fisheries. THE ASSOCIATED PRESS

Hushed digits

App lets Android users cut down on roaming charges

Just-released made-in-Canada technology gives Android users the ability to buy anonymous phone numbers for a day, a week or a few months. "Ultimately, everybody in the world should have a second phone number," said Justin Shimoon, co-founder and CEO of AffinityClick Inc.

Shimoon and partner Timo Mika Glasser launched Hushed, the Android answer to Apple's Burner application, this week. Unlike Burner, which is available only in North America, Hushed is available in 40 countries.

That means someone in Toronto could buy a Japanese phone number and use it as a local number while travelling in Japan instead of buying roaming packages.

The Hushed numbers work on data networks, rather than phone lines. The app, available through the Google Play app store, is free but each phone number costs $1.99. TORSTAR NEWS SERVICE

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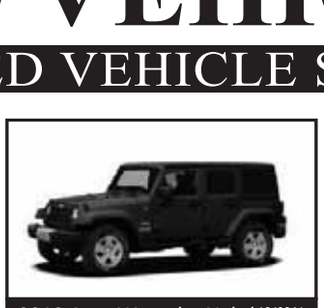

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OBAMA, MISS O AND OLD KIDS

THE LIST
Neil Morton
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1 OCD4SH. I Mother Earth's Brian Byrne is raising awareness about his OCD4SH campaign, a collaboration between his clothing company OCD Collective and the autism foundation Surfers Healing. Through T-shirts designed by the likes of Raine Maida and George Stroumboulopoulos, money raised through sales helps send autistic kids to a therapeutic family surf camp in Cali.

2 Superbaugh. The Super Bowl between the San Francisco 49ers and Baltimore Ravens will see two brothers coaching against each other for the first time in Super Bowl history! John Harbaugh runs the Ravens; his younger brother, Jim, mans the 49ers. Jim, ever the strategic thinker, must be saying to John, "Yo, bro, remember I'm your kid brother. Take it easy. It's only a game."

3 Beth Reeks. Further evidence the Internet is the place to get your start: 17-year-old Beth Reeks has signed a three-book deal with Random House after her young-adult romance The Kissing Booth became a hit online. The book will now be published in paperback this spring. Reeks, the new teen queen of romance, is a young E L James — minus the erotica.

4 Red Pashmina. This grassroots campaign that started out of Peterborough, Ont., to empower and raise money for women in Afghanistan, has now attracted the attention of the UN. The two women behind the bright red scarves, Maryam Monsef and Jessica Melnik, are invited to speak at a United Nations summit in N.Y. on the status of women in March.

5 Obama. Beyoncé sang a rousing — though apparently lip-synced — rendition of the national anthem, but the real star Monday on the Capitol steps was Barack Obama, who publicly began his second term as president at his inauguration in front of 800,000 spectators chanting "O-ba-ma!" "Now, more than ever, we must do these things as one nation, as one people," he said. He has four years left to make it happen.

6 Gretzky + Leafs? Social media went nuts this week when a show on The Fan 590 discussed the rumour Wayne Gretzky might be taking over as president of the Toronto Maple Leafs, a position left vacant after the recent firing of Brian Burke. Now if this ever happened, wow. If Gretzky can't save the Leafs, no one can.

7 Arisa Cox. Many of you might remember her from the 2001 Canadian reality series The Lofters (I do). So this week when Arisa Cox was named host for the first Big Brother Canada, which debuts Feb. 27th on Slice, it made perfect sense. After all, she knows exactly what it's like to live 24-7 with other strangers while the camera watches.

8 Kutcher at Macworld. Next week is the Macworld/iWorld conference in San Francisco, and Ashton Kutcher will be there to speak about what it's like playing Steve Jobs in the biopic on the Apple icon that is slated for April release. The best part would be if Kutcher actually showed up in character as Jobs. Now that would go viral.

9 Miss O. The Oprah Effect hit Western Canada as she made appearances in Edmonton, Calgary and Vancouver, talking about everything from the weather — bloody cold! — to the lessons she's learned in life. "Every day you get to paint on the canvas that is your life," she told a sold-out crowd Monday night at Rexall Place in Edmonton. Who's better at motivating than Oprah?

10 Butt Out. This week is Non-Smoking Week in Canada, a campaign that has been running for 30 years. It's great to see so many people talking about #nonsmoking on Twitter. I quit almost 13 years ago. If you're thinking about stopping, go for it. You can do it. Don't let nicotine rule your life.

11 Man bandz. When boy bands grow up, they lose a little hair up top, gain a little more on their backs — and reunite sometimes. Yes, NKOTB, 98 Degrees and Boyz II Men are teaming up this spring and stopping in Ottawa, Montreal and Toronto. As Old Kid — er, New Kid — Donnie Wahlberg said in a statement: "Ladies, we're coming for you." Yes, it won't be girls this time.

12 Steve Nash. Captain Canada was given a loud ovation Sunday during player introductions at the ACC in Toronto. But then he and his Lakers played flat (again) in a loss to the Raptors. There are those who still wish he had signed with the Raptors during the off-season. But it's become apparent a 38-year-old Nash in the twilight of his career might not have been the right ending for this national treasure.

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I've got worms ... you want some?

TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

Tastes like chicken?

Mopane worms a rare delicacy

Sihle Nkomo begins to prepare harvested mopane worms at her home in Gwanda, Zimbabwe.

In Zimbabwe, as well as most parts of southern Africa, mopane worms are a staple part of the diet in rural areas and are considered a delicacy in the cities. They can be eaten dry, as crunchy as potato chips, or cooked and drenched in sauce.

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Gastronomical goodness

- A Zimbabwean nutritionist, Marlon Chidemo, says the worms are high in healthy nutrients and contain three times the amount of protein as beef.
- He says eating worms is less taxing on the environment than consuming beef because it takes far fewer leaves to produce worms than it does feed to produce the same amount of beef.

Slinging slugs

Get to know the quality of grubs

At the local market, mopane worms are quite popular with residents who buy a cup or two of them and eat them immediately.

The market is abuzz with activity, with most stalls strategically displaying the delicacy so people cannot miss them. Vendors offer free samples. The mopane worms are graded according to size and the area where they were harvested.

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Mopane around

- Dried mopane worms have become a multimillion-dollar industry, even exported to countries like South Africa and Botswana. They can be found in African restaurants in Paris.
- The worm is the large caterpillar of the Gonimbrasia belina species. It got its name from chomping the leaves of mopane trees.

Worth Mentioning

J.J. Abrams set to direct next instalment of Star Wars, to be released in 2015

Another universe of sci-fi fans has been put in the hands of J.J. Abrams.

According to multiple trade reports, J.J. Abrams is set to direct the next instalment of Star Wars, which Disney has said will be Episode 7 and due out in 2015. Disney bought Star Wars maker Lucasfilm last month for $4.06 billion.

The Emmy-award-winning director has also captained the reboot of Star Trek for rival studio Paramount Pictures, with the next instalment in that series, Star Trek: Into Darkness, set to hit theatres May 17.

Citing unnamed sources, the news was reported earlier by Hollywood trade outlets The Wrap, The Hollywood Reporter and Daily Variety.

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Twitter

@LaurenHerschel: Just saw a woman wearing capris and sandals. Is there a heat wave incoming #yyc?

@erinskyekelly: I live in the greatest country this world has ever known. I drive a vehicle that heats my arse whilst I drive. #yyc

@Sarah_Pearl: Hungry with high blood sugar? No worries, you live in Alberta now they sell jerky EVERYWHERE #T1D #yyc

@TedKelly45: Favourite Calgary folks' winter pastime: comparing therapeutic hand creams. #yyc

@brokerduff: Can't remember the last time I saw kids playing street hockey, is there an app for this now? #yyc

@Glitterkorn: Mornings in #yyc are already getting brighter. Thank you January!

metro
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Jason Statham stars in Parker — a movie without a lot of payoff. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The heist goes all wrong

Bad + Bad = Bad. Steve Gow joins Richard Crouse this week to help him call out Parker for being a mistake-ridden flop of a film

Richard: Steve, the most shocking thing about Parker is that Jason Statham has hair in the opening scene. His usually close-cropped do is hidden under a wig that makes him look a bit like George Clooney's English brother. Other than that, this is as by-the-book as it gets. Did you buy into the story at all?

Steve: Not really. But as shocking as Statham is brandishing a wig as Donald E. Westlake's popular revenge-seeking character, he wasn't half as unconvincing as Jennifer Lopez when she pops up as the desperate, danger-seeking real estate agent. Was that bad casting or just a bad character?

RC: Her character is baffling. As a pseudo-love interest and almost co-conspirator, she's as grating as her co-star Nick Nolte's voice. If an Emery board could speak, it would sound like the rasp Nolte's vocal chords produce these days. For me, though, the moral of the movie is really skewed. The movie is so intent on selling the idea that the vengeful killer is really a good guy that a character at the end actually wonders if he is some kind of angel. Could it be that in this world bad + bad = good?

SG: I suppose Jason Statham is today's ideal mainstream anti-hero. After all, as mediocre as most of his films are, director Taylor Hackford is at least consistent in delivering what Statham does best — look sinister and kick butt. However, as absurdly indestructible as he is here, the film is too morose to be much fun.

RC: Statham is consistent, I'll give you that. He has two characters: Statham Character number one in which he plays a loner with a past who must protect a loved one and Statham Character number two, which is the loner with a past who must protect a youthful innocent. Here he's playing number one. The loved one is money, although there are a number of other characters that could easily have taken the place of the greenbacks.

SG: I agree. Concentrating on a compelling sidekick almost surely would've helped solve the questionably ineffectual supporting cast here.

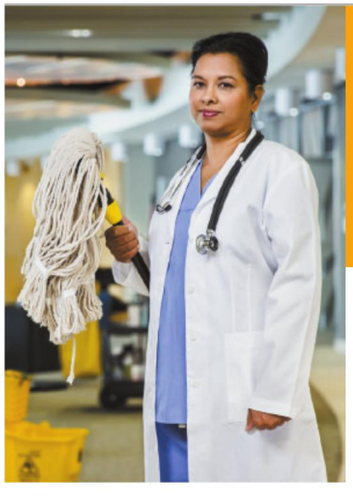
One last thing — what kind of a name is Parker anyhow? That lame moniker sounds like Statham should be serving high tea and crumpets to the Crawley family on Downton Abbey, not cracking the skulls of crooked criminals.

Synopsis

After a daring robbery goes bad, thief Parker (Jason Statham) is double-crossed and left for dead. But because the movie is called Parker, he doesn't succumb to the gunshot wounds. Instead, he vows to put things right between him and the gang who cheated him out of his $200,000 split of the loot. "If you make a deal, both sides have to honour it, otherwise there's chaos," he says. "And I won't let chaos take over my life." Except that things get chaotic when he hatches an elaborate plan, involving his real estate agent (Jennifer Lopez), to get vengeance and his money.

Star ratings:

- Richard: ●●○○○
- Steve: ●●○○○



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Houlť: Undead man talking

Warm Bodies. Actor shares what it's like to take on a role that requires only one facial expression

NED EHRBAR
Metro World News in Hollywood

Nicholas Hoult has tackled trying to get the girl when you're an awkward tween (in About a Boy), a ruthless high-schooler (in TV's Skins) and a blue-haired mutant (in X-Men: First Class). But those challenges pale in comparison to Warm Bodies, in which he tries to win over a girl (Teresa Palmer) despite the fact that he's a flesh-eating zombie.

How tough is it doing a role that's basically one facial expression for most of the film?
Surprisingly easy, actually (laughs). Narrows down your options and what you have to do at work, and not a lot of dialogue to learn, which is beautiful. But yeah, I read the script and I was like, "This could be a cool film," and then I was like, "Oh, it's kind of tricky, though, isn't it? You don't get to say a lot, and you've got to move and act like a zombie, but you've also got to have this audience care for you and want you to succeed and have this girl care for you enough and fall for you, and there's a lot to do." With Teresa, it was just basically watching her do scenes the whole time, her just doing monologue after monologue and then I'd go, "Yeah, keep you safe. Hungry. Eat, whatever."

Have you heard every zombie joke in the world at this point?
You know what, I've made a few terrible ones myself. I've said, like, "Oh, he's a character I really liked and wanted to bring to life." Idiot. I said of the scenes with me and Rob Corddry, "I found it really difficult not to corpse" (which is British slang for laughing during a scene). So I've made a few terrible zombie jokes, but I haven't actually been on the receiving end of that many so far.

OK, zombies versus vampires. Where do you stand?
Who would win in a fight? Or the transition from vampire to zombie time?

As far as pop culture.
You know what? I'm trying to think. Aside from Twilight, what other vampire films have there been particularly recently? That's the prominent one. To be honest with you, I would probably have to go with the zombie thing just because I really like Shaun of the Dead and Zombieland and those sort of things, and 28 Days Later and stuff, so I think I'd go for the zombie — and not just because I played one in this film.

Nicholas Hoult finds the apple of his undead eye in Warm Bodies. HANDOUT

After having done this film, do you think you'd have trouble getting excited about doing a more traditional romantic comedy?
I don't know. I mean, I'm a sucker for a rom-com. You know, you feel good and you get all gooey. But I wouldn't want to do one of those ones that's very run of the mill, out of the box, off you go, pay $10 to go and see it and then sit there and nothing new happens. So it's tricky. I'd like to be able to do all types of films. Action, drama, romance, all of them.

I don't think anyone's going to try to stop you.
So far. Not with force yet, anyway.

Just this year you've got films in several different genres coming out.
Yeah, I've got a fairy tale family adventure movie, Jack the Giant Slayer. There's mild peril. There's giants that want to eat humans, so you know, I wouldn't take a really young kid to it.

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Jason Momoa relishes getting a Rocky sucker punch

Bullet to the Head.
Brawly actor isn't a stranger to tough guy roles, but even he was star-struck working with Sylvester Stallone

RICHARD CROUSE
scene@metronews.ca

A glance at Jason Momoa's IMDB page reveals that he is best known for playing roles described as a "vengeful barbarian warrior" or "powerful warlord." The burly six-foot-four-inch actor is famous for roles in Conan the Barbarian and Game of Thrones and often plays tough guys.

Next up he plays a muscle-bound mercenary in Bullet to the Head, an action flick the Hollywood Reporter called "beefy, brainless fun."

It's another case of type-casting, perhaps, but it did give him the chance to go mano-a-mano with one of the masters of the genre, Sylvester Stallone.

"You can't say enough good things about Stallone," says the Hawaiian-born hunk. "Truly, he is an icon. A legend, and so good at what he does."

Momoa even went through a special initiation rite courtesy of the superstar.

While shooting an epic fight scene on the film's New Orleans set, the older actor suggested he "tune me up" with a couple of real looking hits. Promising to pull his punches, Stallone instead landed a "monstrous" knock to the younger actor's side. Second take, same thing — "He just crumbled me," Momoa says — and that's the shot that made it into the film.

"He got me a couple of times," Momoa says. "He's the old bull. It's fun to get in there. I'm 30 years younger than him, so it's cool. Rocky punching me in the ribs. It's like a shout from the rock."

But how does someone raise a family when their day job is pretending to decapitate people on screen? Momoa, who has a young daughter and son with actress Lisa Bonet, says his family always comes to visit when he's working.

Jason Momoa stars in Bullet to the Head, opening next Friday. GETTY IMAGES

"My daughter was actually on set when I ripped a guy's throat out on Game of Thrones," he says. "It's hilarious. She was with the wardrobe lady, knitting. I said, 'Are you OK sweetie?' She said, 'Yeah Papa,' and went on knitting."

He admits it's an unusual way to raise the kids and when they get older it might be more difficult.

"School's pretty expensive," he says. "I may as well get a teacher and bring them with us. I'd rather have my kids going to the Louvre than learning about it in a book."

Drama

A Late Quartet

Director. Yaron Zilberman

Stars. Philip Seymour Hoffman, Mark Ivanir, Catherine Keener and Christopher Walken

Framed by Beethoven's Opus 131 String Quartet in C-sharp minor, the film focuses on members of a world-renowned string quartet struggling with change as they enter their 25th season. Walken, the group's cellist and leader, is diagnosed with career-ending Parkinson's, and sets off a chain reaction of sexual, artistic and professional tensions pent up for 25 years. It's an odd but well-balanced tale of elite artistry and domestic melodrama.

ANNE BRODIE

Drama

Rust and Bone

Director. Jacques Audiard

Stars. Marion Cotillard, Matthias Schoenaerts and Armand Verdure

Vagrant Ali is given custody of his son when his wife is found to have used the five-year-old as a drug mule. Ali's irresponsible, angry and impoverished, working the criminal fringes as an itinerant security guard and wrestler, hardly the ideal parent. But he meets Stéphanie, who lost both legs in an aquarium whale attack, and discovers his selflessness, long buried. Ali and Stéphanie's stories are the dramatic bones of the film, but its heart is the shadowy figure of the little boy.

ANNE BRODIE

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TV picks

True stories of brainwashing: This week on TV

Viewers can catch up on the new comedy series 1600 Penn, about the First Family of the U.S., with Friday's back-to-back episodes. In the first, President Gilchrist (Bill Pullman) and his generals hold a group-therapy session while his wife (Jenna Elfman) does some damage control. In the next instalment, the president hosts a ball for a cranky senator and son Skip (Josh Gad) wants to attend the bash with a fetching mailroom clerk. **(Citytv)**

Brainwashed is a new series profiling the true stories of those who've been coerced into committing extreme acts. In this second instalment on Friday, Predator Prophet, we learn of a single mom who fell in love with a self-proclaimed Mormon Prophet and became his "spiritual wife." He eventually persuaded her to sell her possessions, give up her children and commit adultery. But even when he was imprisoned, she wasn't convinced to leave him. **(History)**

Maroon 5 frontman and The Voice judge Adam Levine makes another appearance on Saturday Night Live, but this time as host, not musical guest. The latter role will be filled out by Compton, Calif.-bred rapper Kendrick Lamar, who's earned rave reviews for his latest album, good kid, m.A.A.d city. **(Global)**

Paul Merton's Adventures follows the British comedian as he visits fascinating spots around the world. In the debut episode Saturday, he boards the biggest luxury ocean liner in the world and tours the Caribbean. Along the way, he gets lost on a reef in Mexico and meets the Jamaican dogsled team as well as a ferocious tiger. **(Discovery World HD)**

Awards season fever continues with the live broadcast of The 19th Annual Screen Actors Guild Awards, which honour performances in television and film on Sunday. This year's SAG Life Achievement Award recipient is Dick Van Dyke. He'll receive the honour from Carl Reiner and Alec Baldwin at the Los Angeles Shrine. Other presenters include Jeff Daniels, Neil Patrick Harris, Nicole Kidman and Julianna Margulies. **(Global)**

Starz unveils the final instalment in its Spartacus gladiator saga Sunday. Spartacus: War of the Damned sees the titular character (Liam McIntyre) continuing to win battles with his rebel army and freed slaves after the defeat of Roman commander Gaius Claudius Glaber. **(The Movie Network, Movie Central)**

THE CANADIAN PRESS

Liam McIntyre as Spartacus. HANDOUT

Knock, knock: You have two children

Seed. Sperm donor tracked down by his kids on new TV show

JON TATTRIE
scene@metronews.ca

Seed airs on City starting Monday, Feb. 4. You can watch the premiere online at the City website starting this Monday. HANDOUT

What would happen if a carefree bachelor answered his front door and discovered he was father to a nine-year-old boy and a teenage girl?

The question occurred to Joseph Raso when a friend became pregnant via a sperm bank. Fascinated by the process of choosing a stranger to be the biological father to your child, he wondered what it would be like if the donor entered into your life unexpectedly.

"How do kids change you? And what if it went zero to 60 and suddenly you have a nine-year-old?" he says. "How does it affect the donor and the other families?"

Seed was born. It's a TV show about Harry, whose bachelor bliss has long been funded by regular deposits at the sperm bank. One day, one of those donations learns how to hack a computer to find out who his biological father is — and knocks on Harry's door. Soon enough, a teenage girl follows, along with a woman pregnant with another of Harry's donations.

For Harry, the challenge is the tug of war between his desire to be with his biological children and his desire to pick up hot women at the bar.

One of Harry's entanglements is Rose, a beautiful, neurotic single woman whose date with the sperm bank leads to an accidental relationship with Harry. "From that point forward, their lives are entwined," says Carrie-Lynn Neales, who plays Rose.

"She's just wildly insecure," she adds during a break in filming. Rose wants a child, but doesn't want a father to the child. She wants to be single and independent, but wants a relationship with an amazing guy called Aaron.

When asked if bar-tending Harry is typical of the guys she knows, Neales laughs and tries to compose an answer that won't offend any of her friends. "You'll find aspects of Harry and Aaron in this age bracket," she says diplomatically.

Seed is Neales's first starring role. "It's amazing — really a dream come true," she says. "It's a huge learning curve."

Quoted

"I see Rose with the baby and the struggle and chaos of learning to be a mother. The further we go into it, the further those relationships can take off."

Carrie-Lynn Neales on her hopes to develop Rose in future seasons.

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Three Songs for the Weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

This week's selections go far beyond the usual three-chords-and-an-attitude approach, but will pay off with repeated listening. Trust me.

Inhaler/Foals

Best use of a falsetto so far this year. Radiohead-ish, Cure-ish and Tears For Fears-ish with bonus big guitars. New album, Holy Fire (Feb. 11), might be their big breakthrough.

This Town Needs Guns/I'll Take the Minute Snake

Like Foals, they're from Oxford. And they've also studied the math rock tendencies of their Radiohead neighbours. The new album is 13.0.0.0.0.

Another Brick in the Wall/ Aysedeniz Gokcin

Wherein a young Turkish pianist transforms Pink Floyd into classical pieces of which Franz Liszt would be proud.

Just one of the Girls

Music. Christopher Owens on the story of his new concept album

PAT HEALY
scene@metronews.ca

After disbanding Girls last year, the first project that singer Christopher Owens chose to tackle under his own name was a concept album called Lysandre. The work — full of saxophones and flutes and Owens' take on classic pop-song architecture — might seem like the furthest thing from his previous band, but the narrative arc is all about Girls' first tour in 2008.

"It starts out being excited to go on that tour and not really knowing what to expect, because I hadn't done any tours before that," he says.

While he's dealing with his Girls experience in a very specific way on this tour, he won't play any Girls songs.

"I will play those songs again in the future," he says. "But I feel like with this album and this tour, it's clearly a thing — and it's kind of obvious that it will be a show of this album."

But Owens wrote the material for Lysandre shortly after that first tour, while Girls was still going.

"I didn't put (the songs) away to not work on them with Girls or anything," he says. "They were just seven songs out of the 60 or so that I wrote in those couple of years. And I guess I always kind of thought they would be Girls songs."

Name game

What does Owens think of the HBO show, Girls?

I haven't really watched much of that show. I just didn't really enjoy the fact that they used the name.

When I very first saw that it was a show coming out, I didn't really think about it. And then as I heard more about the show, I realized it was being worked on and made by people who definitely knew who our band was and knew that we existed and were definitely aware of us.

They could have simply added one word, or used a different word, and made it a different thing instead of straight taking the name as if it didn't matter at all.

It's something that I let go of pretty quickly, but at one point I realized that it was definitely a conscious choice that they made, just because of the people involved. They clearly were aware that we were functioning under that name and they kind of just viewed themselves as so big, and so much more of a big project, that it didn't matter. It could have been so simple to make it a different name. It could have been New York Girls or whatever. There was a point where I realized that and I got a little bit offended, that's all. ... And I guess the whole thing kind of resolved itself when I ended up not wanting to be in a band anymore anyway.

Christopher Owens: boy makes Girls, boy loses Girls, boy writes album about Girls' first tour. HANDOUT

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kristen Bell terrified of her impending childbirth

Kristen Bell seemed to hint during an interview with Ellen DeGeneres that she's going to give birth to a boy, but the House of Lies star kept coy with a "maybe" when pressed.

Bell had said that fiancéé Dax Shepard was looking forward to "all the off-roading he'll have in this tiny partner," but she says that doesn't mean it couldn't be a daughter.

"Do you have to be a boy to off-road? Absolutely not!" Bell said. "I think he's going to force (the baby), even if it's a sloth, to off-road."

One thing Bell was willing to admit, though, is that she's not looking forward to labour.

"I've got nothing to prove" by having natural childbirth, she said. "I feel like, when I arrive at the hospital, I want a glass of whiskey, I want the epidural in my back and I want to get hit in the face with a baseball bat and wake me up when it's over because I've seen the videos, and it looks terrifying."

Quoted

"I feel like, when I arrive at the hospital, I want a glass of whiskey."

Kristen Bell
Talking about the upcoming birth of her first child

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Lena Dunham. ALL PHOTOS GETTY IMAGES

Lena Dunham skewers Rihanna over behaviour

Girls creator and star Lena Dunham is no stranger to criticism, but now she's going on the attack, chastising Rihanna for the messages the pop singer sends young fans with her behaviour.

"I just think about how many little girls beyond what I could even comprehend are obsessed with Rihanna," Dunham tells Alec Baldwin during a chat for his Here's the Thing podcast.

"She left Barbados, she's had this amazing career, she's won a Grammy. She's talented. And then she gets back together with Chris Brown and posts a million pictures of them smoking marijuana together on a bed. And it cracks my heart in half in a way that makes me feel like I'm 95 years old."

SXSW pans Lohan's latest

Lindsay Lohan's latest bid at a big-screen comeback is having trouble getting off the ground.

Her racy and controversial film The Canyons was rejected by the Sundance Film Festival earlier this month, and now it appears the South by Southwest (SXSW) festival in Austin, Texas, wants nothing to do with the film either, according to the Hollywood Reporter.

Sources say the film suffers from significant "quality issues" and has "an ugliness and a deadness to it."

Lindsay Lohan

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Liquid Assets

Cheers to Robert Burns

LIQUID ASSETS
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I have fond memories of Robert Burns.

Growing up in Halifax, it was a standard post-Saturday-night-on-the-town ritual to enjoy a little fast food in Victoria Park, along Spring Garden Road, before the walk home. The best seat in the house was along the pedestal of the life size monument to the bard that's been standing there since 1919.

Though I don't remember drinking much in the way of Scottish booze back in the day, I'll be raising a glass of something tonight in celebration of Robert Burns Day.

Scotland's claim to liquid fame is scotch — a polarizing whisky typically drunk straight. Rich, aggressive and swimming in personality, it can be a hard glass to swallow for most.

A fine dram to get your palate wet is Bowmore 12 Year Old ($45.99 to $64.99); the first recorded single malt distillery (back in 1779) on the island of Islay.

Softer than your average Islay whisky, it offers a rounded, honeyed malt flavour massaged by hints of the classic smoky/peaty character that's made the island famous.

If the thought of drinking scotch without mix doesn't blow your bagpipe, try softening the spirit by adding a touch of spring water.

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This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Southern flavours are a fiesta for taste buds

Tex-Mex Flank Steak with Corn Salsa.

Bursting with flavours, this dish will be just as good the next day

ROSE REISMAN
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With the sauce and corn salsa accompaniment, this is a great Southwestern dish. Sautéing the corn gives it a barbecued flavour.

Be sure to allow time for marinating the steak. Leftovers taste just as good the next day; either reheat gently or serve at room temperature.

1. Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. Place the flank steak in a shallow, non-reactive baking dish and pour the sauce over the steak. Cover with plastic wrap and refrigerate for 2 hours or overnight.

2. For the salsa, spray a non-stick skillet with cooking oil. Place over medium heat, and sauté the corn and red pepper until the corn begins to brown, about 5 minutes. Stir in the beans, onion and cilantro. Set aside.

3. Remove the steak from the marinade, and set the marinade aside in a small saucepan.

4. Preheat the barbecue or a non-stick grill pan to medium-high and spray with cooking oil. Cook the beef over medium-high heat for 5 to 8 minutes per side, or until it's done to your liking.

5. While the steak is cooking, bring the reserved marinade to a boil and boil for 5 minutes. Serve the steak with the sauce and salsa on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1 cup barbecue sauce
- 1/3 cup cider vinegar
- 2 tbsp molasses
- 1/4 tsp hot pepper sauce
- 1 1/2 lb flank steak

Salsa

- 1 cup canned corn kernels, drained
- 1 cup diced red bell pepper
- 1 cup canned black beans, rinsed and drained
- 1/3 cup chopped green onion
- 1/4 cup chopped cilantro

Get your guac on

Give guacamole a boost with a few different flavour combinations that are still very simple to make.

Ingredients

Base Guacamole

- 4 Hass avocados, skins and pits removed
- 4 tsp lime juice
- 1/2 tsp ground cumin
- 1 tsp salt
- 1/4 ground black pepper

Base Guacamole

1. In a medium bowl, use a fork or potato masher to mash the avocados. The guacamole should be mostly smooth, but with visible chunks. Mix in the lime juice, cumin, salt and pepper. Proceed with the recipe using one of the following mix-in combinations.

Chipotle Corn Guacamole

1. In a medium skillet over medium-high, heat 1 tablespoon of olive oil. Add 1/4 cup diced red onion, 1 cup of corn kernels (if canned, drain them very well) and 3 minced cloves of garlic. Sauté for 2 minutes, then remove from the heat and let cool. Stir in 1 diced canned chipotle pepper (packed in adobo sauce). Stir the mixture into the base guacamole recipe, as well as 1 tablespoon (more or less, to taste) of the adobo sauce from the can.

Shrimp and Mango Guacamole

1. Thaw a 9-ounce bag frozen cooked and peeled baby shrimp, then drain and pat them dry. Peel 1 mango, then cut the flesh away from the pit. Finely chop the mango, then stir it, the shrimp and a hefty splash of hot sauce into the base guacamole recipe.

THE ASSOCIATED PRESS

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events courtesy of Notable.ca.
To get even more info on these Notable happenings make sure to check out notable.ca/nationwide/metro/Jan. 25

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The Walrus Talks: Performance

Do you love a good discussion? The High Performance Rodeo has partnered with Enbridge and the Walrus Foundation for The Walrus Talks: Performance. Hear eight inspiring speakers at the Jack Singer Concert Hall, sharing their perspectives on how we perform, how we compete and how we grow. Performance at the High Performance Rodeo Tuesday, Jan. 29.

Billy Poppin hosts the Bill Brooks Prostate Cancer Benefit

The city's most delightful host, Billy Poppin, is back 7 p.m., Friday, Jan. 25 with his annual Prostate Cancer Benefit. Join the city's who's who at Hotel Arts for a magical evening of sugar, song and spectacle. Enjoy a night of fantastic food, delectable drinks and electric entertainment as you support a great cause.

This is What Happens Next

Catch award-winning Canadian actor and playwright Daniel MacIvor's newest work at the Epcor Centre from Jan. 23 to Feb. 3 at (215 - 8 Ave S.E.). This autobiographical fairy tale fantasy is MacIvor's one-man show, which explores addiction, divorce, Arthur Schopenhauer, The Little Mermaid and the life of John Denver.

Alberta Cocktail Challenge Finals

For those who love innovative cocktails, join 12 finalists, a.k.a Alberta's top bartenders, at Hotel Arts (119 12 Ave. S.W.) Tuesday, Jan. 29 as they battle in two categories: Soda-licious featuring Fentimens Sodas and the Winter Warmer category, showcasing seasonal flavours. The top four finishers of the night will be squaring off in a "black box" Iron Chef-style finale to declare the night's winner.

Calgary's Next Drag Superstar

Love a good show? Cowboys is pleased to welcome current reigning America's Next Drag Superstar Sharon Needles to Calgary. Not only will she be judging this competition on Thursday, Jan. 31, but she will also be wowing the crowd with her edgy artistry that she has become so well known for.

Black &Red Bash

Want to connect with Calgary's industry executives, community leaders and future philanthropic rock stars? Join BeCause for the second annual Black & Red Bash at the Art Gallery of Calgary on Thursday, Jan. 31. Amanda Lindhout (pictured), a Humanitarian, kidnapping survivor, founder/executive director of the Global Enrichment Foundation and notable young entrepreneur, will be the special keynote speaker of the evening.

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Hudler, Cervenka make progress toward return

NHL. Coach Hartley to decide on whether key offensive pair will suit up for game action on Saturday versus Oilers

Czech forwards Jiri Hudler and Roman Cervenka skated with the Calgary Flames on Thursday after extended absences.

Hudler, signed in the off-season to a four-year, $16-million US deal, returned from the Czech Republic after the death of his father Jiri Sr.

Cervenka participated in a full practice with the club for the first time.

He developed blood clots while playing in the KHL during the NHL lockout. While taking anti-coagulant medication, Cervenka wasn't cleared to play or have contact in practice until earlier this week.

General manager Jay Feaster pegged Cervenka as a top-six forward for the club when he signed the 27-year-old to a one-year contract in May.

Flames head coach Bob Hartley will make a decision following Friday's practice on whether both or just one of them will play in Saturday's game against Edmonton.

"Tomorrow they're going to practise both with us and after this I think I'll have a better picture," Hartley was quoted as saying on the Flames website.

Hudler, a Stanley Cup winner with Detroit in 2008, left the Flames during training camp to go home for his father's funeral.

"It's been tough, I'm happy I'm back," Hudler said. "I don't know if it makes it easier but I know it's a lot better for everyone.

"I really appreciated the Flames organization for letting me go home and spend some time there to take care of a lot of stuff."

THE CANADIAN PRESS

The Flames struggled to find their offence again Wednesday night in a 3-2 shootout loss in Vancouver.
RICH LAM/GETTY IMAGES

Lions trade Geroy Simon to Roughriders

Former B.C. Lions receiver Geroy Simon, left, is embraced by Lions running backs coach and former teammate Kelly Bates as he holds his three-year-old daughter Nyah on Thursday in Surrey, B.C., where it was announced Simon was traded to the Saskatchewan Roughriders. DARRYL DYCK/THE CANADIAN PRESS

The longtime face of the B.C. Lions franchise is heading to Saskatchewan.

Geroy Simon, the CFL's all-time receiving yards leader, was traded to the Roughriders on Thursday in exchange for receiver Justin Harper and a third-round pick in the 2014 Canadian college draft.

"This has been the toughest decision I've ever had to make in my professional life," Simon said. "This is a tough day. This is a very tough day. But in the end this is a decision we had to make.

Lions general manager Wally Buono said the decision to trade the popular slotback was mutually agreed upon by Simon and the club after the team indicated Simon's role with the team was likely going to change this upcoming season.

"He has to fit in and he has to want to fit in," Buono said when asked of the decision to trade Simon.

Next record to break

The six-foot, 198-pound native of Johnstown, Pa., needs just 29 catches to break Ben Cahoon's CFL record of 1,017 career receptions.

"For us to part ways is not something we enjoy," Buono added, calling Simon a "tremendous, tremendous football player."

A two-time Grey Cup champ and six-time CFL all-star, Simon has recorded 15,787 yards over his 14-year career.

Hamstring problems forced him to miss five games last year, limiting him to 54 catches for 700 yards and two touchdowns. It marked the first time in 10 seasons Simon hadn't cracked the 1,000-yard plateau.

"In order for me to exhaust my talent as a football player I felt I had to move forward," Simon said. THE CANADIAN PRESS

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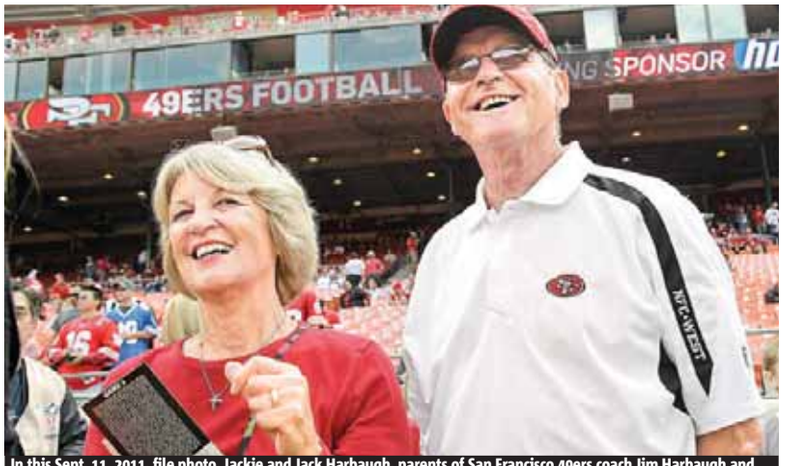


In this Sept. 11, 2011, file photo, Jackie and Jack Harbaugh, parents of San Francisco 49ers coach Jim Harbaugh and Baltimore Ravens coach John Harbaugh, stand before a game between the 49ers and the Seattle Seahawks in San Francisco. The entire Harbaugh family already got its Super Bowl victory last Sunday, when each coach did his part to ensure a family reunion in New Orleans next week. PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Harbaughs in stands vow to stay neutral

Super Bowl 47 lead-up. Family of Ravens and 49ers coaches not saying where they'll be sitting on game day

Jackie Harbaugh will wear a neutral-colored outfit, still to be determined. Her daughter, Joani Crean, little sister to coaching brothers John and Jim Harbaugh, plans to sport all black at the Super Bowl to show no allegiances whatsoever.

"I am wearing whatever fits that day," Crean quipped.

The entire Harbaugh family — a close-knit, hyper-competitive crew that also includes Indiana basketball coach Tom Crean — realizes it has already won big. They got their Super Bowl victory on Sunday, when each coach did his part to ensure a family reunion in New Orleans next week, with John's Baltimore Ravens facing off against Jim's San Francisco 49ers in the first Super Bowl with sibling coaches on opposite sidelines.

One Harbaugh will haul home the Lombardi Trophy from the Big Easy.

And, no, the family members haven't decided where to sit for the Feb. 3 NFL title game at the Superdome — or at least they aren't revealing it if they have.

"We are neutral in the Super Bowl, and we are just excited that they have brought their teams to the pinnacle of sports," Jackie Harbaugh said Thursday. "The Super Bowl is the ultimate accomplishment for them and for their teams and for all of the extended football family and all of the teams who have participated in this great game. We are excited for that type of thing."

Her sons, all of 15 months apart, have tried to downplay this matchup from the moment it developed — each wanting to keep the focus on the players, on the field.

Fortunately for the Harbaugh folks, they've been through this once before, albeit on a slightly smaller stage: Prime time on Thanksgiving night 2011. John's Ravens won 16-6 at home.

"We experienced that last year at Thanksgiving," Jack Harbaugh said, "the thrill of victory and the agony of defeat."

THE ASSOCIATED PRESS

Quoted

"I am going to be neutral in the game, and I know one is going to win and one is going to lose, but I would really like to end in a tie. Can the NFL do that?"

Jackie Harbaugh, mother of John and Jim Harbaugh, jokes about watching the Super Bowl.

Relationship hoax. Te'o plays voice mails from 'girlfriend' on Couric show

The person Manti Te'o says was pretending to be his online girlfriend told the Notre Dame linebacker "I love you" in voice mails played during his interview with Katie Couric.

Taped earlier this week and broadcast Thursday, the hour-long show featured three voice mails that Te'o claims were left for him last year. Te'o said they were from the person he believed to be Lennay Kekua, a woman he had fallen for online but never met face-to-face.

After the first message was played, Te'o said: "It sounds like a girl, doesn't it?"

"It does," Couric responded.

The interview was the All-American's first on camera since his tale of inspired play after the deaths of his grandmother and girlfriend on the same day in September unravelled as a hoax by Deadspin.com on Jan. 16.

Manti Te'o THE ASSOCIATED PRESS

Couric addressed speculation the tale was concocted by Te'o as a way to cover up his sexual orientation. Asked if he were gay, Te'o said "no" with a laugh. "Far from it. Faaaar from that."

He also said he was "scared" and "didn't know what to do" after receiving a call on Dec. 6 — two days before the Heisman Trophy presentation — from a person who claimed to be his "dead" girlfriend.

The first voice mail was from what was supposed to be Kekua's first day of chemotherapy for leukemia.

"Hi, I am just letting you know I got here and I'm getting ready for my first session and, um, just want to call you to keep you posted. I miss you. I love you. Bye," the person said.

THE ASSOCIATED PRESS

NBA. DeRozan delivers dazzling final shot as Raptors douse Magic in Orlando

On Thursday

Raptors	Magic
97	95

DeMar DeRozan swished a fadeaway jumper at the buzzer as the Toronto Raptors fought off a late-game charge by the Orlando Magic to earn a 97-95 victory on Thursday night.

It was a wild offensive night on both ends, featuring 12 lead changes and 12 players reaching double figures.

DeRozan led Toronto with 22 points, followed by Amir Johnson with 21 points and 10 rebounds. It was Johnson's sixth double-double of the season.

The victory gave the Raptors a four-game season sweep of the Magic, who dropped their fourth game in a row.

Nikola Vucevic led Orlando with 19 points and 14 rebounds. Arron Afflalo added 16 points and Glen Davis had 15.

THE ASSOCIATED PRESS

Magic forward Glen Davis goes up for a shot over Toronto's Ed Davis on Thursday in Orlando, Fla. PHELAN M. EBENHACK/THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	2	2	0	0	5	1	4
NY Islanders	3	2	1	0	12	9	4
Pittsburgh	3	2	1	0	11	9	4
Philadelphia	4	1	3	0	5	12	2
NY Rangers	4	1	3	0	9	14	2

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	3	3	0	0	11	2	6
Boston	3	2	0	1	8	6	5
Montreal	3	2	1	0	9	4	4
Buffalo	3	2	1	0	10	9	4
Toronto	4	2	2	0	12	12	4

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	3	2	1	0	13	8	4
Winnipeg	3	1	1	1	6	8	3
Carolina	3	1	2	0	8	12	2
Florida	4	1	3	0	7	12	2
Washington	3	0	3	0	6	14	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	4	4	0	0	17	10	8
St. Louis	4	3	1	0	15	6	6
Nashville	4	1	1	2	8	11	4
Columbus	4	1	2	1	7	15	3
Detroit	3	1	2	0	5	11	2

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	3	2	1	0	9	5	4
Minnesota	3	2	1	0	6	5	4
Vancouver	3	1	1	1	8	12	3
Edmonton	2	1	1	0	6	8	2
Calgary	3	0	2	1	7	12	1

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Dallas	4	2	1	1	8	8	5
San Jose	2	2	0	0	10	4	4
Anaheim	2	2	0	0	12	7	4
Phoenix	3	1	2	0	12	11	2
Los Angeles	2	0	2	0	3	8	0

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Thursday's results
NY Islanders 7 Toronto 4
Montreal 4 Washington 1
Carolina 6 Buffalo 3
Philadelphia 2 NY Rangers 1
Ottawa 3 Florida 1
St. Louis 3 Nashville 0
Chicago 3 Dallas 2 (OT)
Colorado 4 Columbus 0
Los Angeles at Edmonton
Phoenix at San Jose

Friday's games — All Times Eastern
Washington at New Jersey, 7 p.m.
NY Islanders at Boston, 7 p.m.
Carolina at Buffalo, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at Detroit, 7:30 p.m.
Pittsburgh at Winnipeg, 8 p.m.
Vancouver at Anaheim, 10 p.m.

Saturday's games
Colorado at San Jose, 4 p.m.
Toronto at NY Rangers, 7 p.m.
Chicago at Columbus, 7 p.m.
Philadelphia at Florida, 7:30 p.m.
St. Louis at Dallas, 8 p.m.
Los Angeles at Phoenix, 8 p.m.
Edmonton at Calgary, 10 p.m.
Nashville at Anaheim, 10:30 p.m.

TENNIS

ATP — WTA
AUSTRALIAN OPEN
At Melbourne, Australia

WOMEN
Singles — Semifinals
Li Na (6), China, def. Maria Sharapova (2), Russia, 6-2, 6-2.
Victoria Azarenka (1), Belarus, def. Sloane Stephens (29), United States, 6-1, 6-4.

MEN
Singles — Semifinals
Novak Djokovic (1), Serbia, def. David Ferrer (4), Spain, 6-2, 6-2, 6-1.
Doubles — Semifinals
Bob and Mike Bryan (1), United States, def. Simone Bolelli and Fabio Fognini, Italy, 6-4, 4-6, 6-1.
Robin Haase and Igor Sijsling, Netherlands, def. Marcel Granollers and Marc Lopez (3), Spain, 7-5, 6-4.

NFL

PRO BOWL
Sunday, Jan. 27 — All Times Eastern
At Honolulu, Hawaii
AFC vs. NFC, 7 p.m.

SUPER BOWL XLVII
Sunday, Feb. 3 At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	27	12	.692	—
New York	26	14	.650	1½
Brooklyn	26	16	.619	2½
Chicago	25	16	.610	3
Indiana	26	17	.605	3
Atlanta	24	18	.571	4½
Milwaukee	22	18	.550	5½
Boston	20	22	.476	8½
Philadelphia	17	25	.405	11½
Detroit	16	26	.381	12½
Toronto	**16**	**27**	**.372**	**13**
Orlando	14	28	.333	14½
Cleveland	11	32	.256	18
Charlotte	10	32	.238	18½
Washington	9	31	.225	18½

WESTERN CONFERENCE

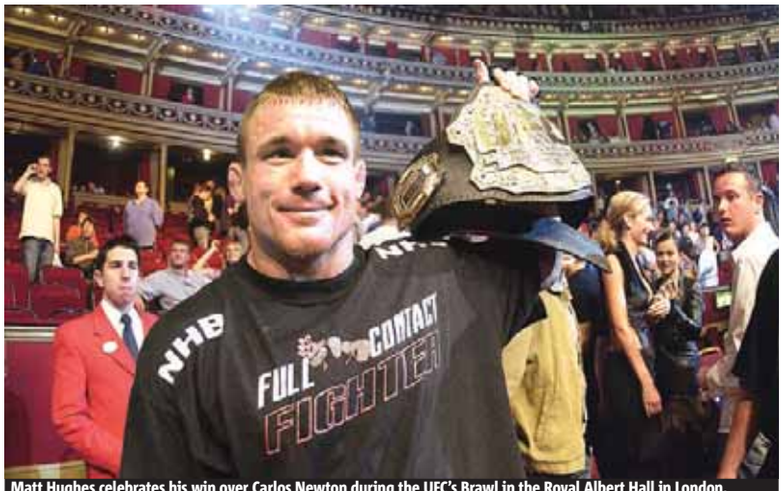
	W	L	Pct	GB
Oklahoma City	33	10	.767	—
San Antonio	34	11	.756	—
L.A. Clippers	32	11	.744	1
Memphis	27	14	.659	5
Golden State	26	15	.634	6
Denver	26	18	.591	7½
Utah	23	19	.548	9½
Portland	21	21	.500	11½
Houston	22	22	.500	11½
Minnesota	17	22	.436	14
Dallas	18	24	.429	14½
L.A. Lakers	17	25	.405	15½
Sacramento	16	27	.372	17
Phoenix	14	28	.333	18½
New Orleans	14	28	.333	18½

Note: division leaders ranked in top three positions regardless of winning percentage.

Thursday's results
Toronto 97 Orlando 95
New York 89 Boston 86
L.A. Clippers at Phoenix

Wednesday's results
Atlanta 104 Charlotte 92
Miami 123 **Toronto 116** (OT)
Brooklyn 91 Minnesota 83
Denver 105 Houston 95
Memphis 106 L.A. Lakers 93
Chicago 85 Detroit 82
San Antonio 106 New Orleans 102
Utah 92 Washington 88
Portland 100 Indiana 80
Phoenix 106 Sacramento 96
Golden State 104 Oklahoma City 99

Friday's games — All Times Eastern
Minnesota at Washington, 7 p.m.
Detroit at Miami, 7:30 p.m.
Boston at Atlanta, 7:30 p.m.
Milwaukee at Cleveland, 7:30 p.m.
Golden State at Chicago, 8 p.m.
Brooklyn at Memphis, 8 p.m.
San Antonio at Dallas, 8 p.m.
Houston at New Orleans, 8 p.m.
Oklahoma City at Sacramento, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.



Matt Hughes celebrates his win over Carlos Newton during the UFC's Brawl in the Royal Albert Hall in London, England, on July 13, 2002. Hughes has officially retired from fighting. JOHN GICHIGI/GETTY IMAGES

Matt Hughes retires from fighting, joins UFC front office

Hanging up his gloves. Former welterweight champion takes VP job

Former UFC welterweight champion Matt Hughes has retired to become the UFC's vice-president of athlete development and government relations.

Inducted into the UFC Hall of Fame in May 2010, Hughes last fought at UFC 135 in September 2011 when he was knocked out in the first round by Josh Koscheck. The 39-year-old fighter from Hillsboro, Ill., retires with a 46-9 record. He lost his 170-pound title to Canadian Georges St-Pierre at UFC 65 in November 2006.

His 11-year UFC career dates back to UFC 22 and featured seven title defences.

"Matt is one of those guys that was there from the early days and helped grow MMA to the modern, professional sport it is today," UFC president Dana White said in a statement. "He has been in the sport since the late 1990s and really seen it all."

In announcing his appointment, the UFC also cited the introduction of "a clear set of athlete guidelines, or conduct policy, memorializing the values long held by the organization."

"Hughes will be an invaluable resource for UFC athletes," UFC COO Lawrence Epstein said in a release. "Leveraging the background and expertise he gained over a Hall of Fame career, Hughes will be dedicated to providing guidance on a wide range of issues athletes face inside and outside of the Octagon.

"This includes understanding the heightened social responsibility that comes with being in the public eye, to best practices when dealing with endorsements or managing finances, to the basic daily challenges of staying healthy during training, as well as the need to steer clear of illegal and/or performance-enhancing drugs."

The UFC has not revealed the code of conduct, saying it is "an internal document."

Hughes will also work state athletic commissions and international federations.

THE CANADIAN PRESS

Quoted

"He has been in the sport since the late 1990s and really seen it all."

UFC president Dana White on Matt Hughes

NHL

Flyers earn first win of season versus Rangers

Wayne Simmonds and Jakub Voracek scored to help the Philadelphia Flyers win their first game of the season, 2-1, over the New York Rangers on Thursday night.

The Flyers not only avoided their first 0-4 start in team history, they beat the Rangers for the first time in two seasons. The Rangers defeated the Flyers six times last season, including the Winter Classic.

Both teams are last in the Atlantic Division at 1-3.

THE ASSOCIATED PRESS

MLB. Upton brothers join forces with Atlanta Braves

Justin Upton is having a family reunion in Atlanta.

Arizona traded its star right-fielder to the Braves on Thursday in a seven-player deal that sent former all-star infielder Martin Prado to the Diamondbacks.

For the first time since he was a high school freshman, Upton will have older brother B.J. Upton as a teammate.

The brothers combine with Jason Heyward, who won a Gold Glove in 2012.

"If we push ourselves to the next level, I feel with the extra push from each other there's no question we can be the best outfield in baseball," Justin Upton said in a telephone interview. "I'm not going to give us that label until we prove it." The Braves also get third baseman Chris Johnson and are giving up one of their top pitching prospects, Randall Delgado, and three minor leaguers in the deal. THE ASSOCIATED PRESS

Quoted

"I said, 'You must be ecstatic to be able to play with your brother'.... It's got to be a great thrill for him."

Diamondbacks manager Kirk Gibson on speaking to Justin Upton

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
So long as you enjoy what you are doing, you won't care in the slightest what other people think. Life is simply too short to worry about whether the world sees you as a "good guy" or a "bad guy".

♉ Taurus
April 21 - May 21
The only danger today is that because you insist on everything being thought out and planned in advance you might lose the spark of spontaneity that turns good ideas into great ideas. Be more open to alternative viewpoints.

♊ Gemini
May 22 - June 21
Today's Sun-Uranus link is sure to change your life for the better in some way. Exactly how and to what extent is impossible to know but by this time tomorrow you will have both a wider and deeper view of reality.

♋ Cancer
June 22 - July 23
Don't limit yourself to tried and trusted methods. Try something new for a change. Uranus, planet of changes, is urging you to be a bit more adventurous, especially on the work front where you should be taking the lead.

♌ Leo
July 24 - Aug. 23
You must live up to your beliefs, even if it brings you into conflict with people you would prefer not to make enemies of. You are entitled to think for yourself and to express your opinions, loudly if needs be.

♍ Virgo
Aug. 24 - Sept. 23
You have been ignoring a number of warning signals and that's not a good idea. Today's Sun-Uranus link will again indicate where you have been going wrong and this time you must take appropriate action.

♎ Libra
Sept. 24 - Oct. 23
Try not to exert yourself too much today. Given the choice between doing more or doing less, choose the latter without hesitation. You've done your bit, so treat yourself to a break.

♏ Scorpio
Oct. 24 - Nov. 22
If you are typical of your sign, you sometimes find it hard to think outside certain limits or boundaries. But, today's Sun-Uranus link will shatter any barriers that are holding you back. The word "impossible" should not exist.

♐ Sagittarius
Nov. 23 - Dec. 21
You could easily mislead yourself today about an issue that seems unimportant but is likely to have far-reaching consequences. Check every relevant fact. Don't take anything on trust, not even what your own senses tell you.

♑ Capricorn
Dec. 22 - Jan. 20
Forget about perfection today. Just aim to be as good as you can be at what you do and be happy with that. It's always good to set yourself new goals but it's not good to make them unreachable.

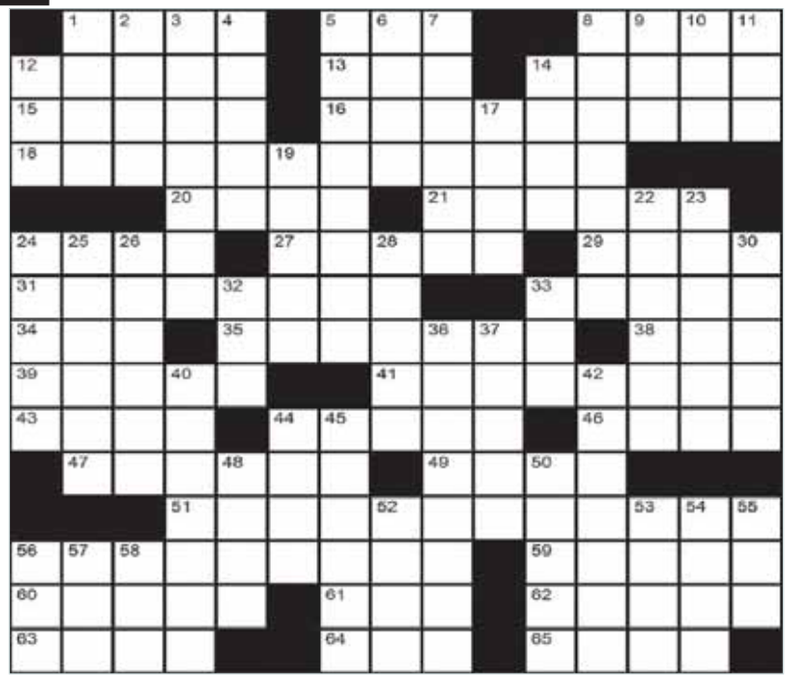
♒ Aquarius
Jan. 21 - Feb. 19
The Sun in your sign makes a positive link to your ruling planet Uranus today, which in plain language means that all your best traits will come to the forefront. Others will see you as some kind of genius.

♓ Pisces
Feb. 20 - March 20
You must not be indecisive today, because an opportunity will arrive out of the blue and if you don't make use of it immediately it will pass you by just as quickly. You may not feel confident, but act as if you are.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



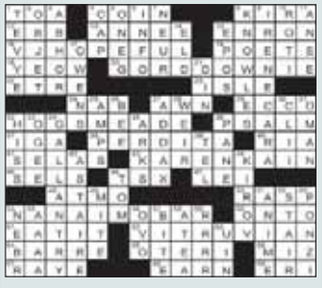
Across

1. "Piano Man" Billy
5. Sea: French
8. Hong __
12. Valley of BC, Bella __
13. Wonderment
14. __ Vanilli
15. Commencement
16. Canadian singer/songwriter: 2 wds.
18. "Hansel & Gretel __ __" (2013)
20. Abound
21. Madonna's 1996 title role's namesakes
24. Irving Wallace novel, __ _ Document
27. Start of a challenge: 2 wds.
29. Dr. Frankenstein's pal
31. "The Matrix __" (2003)
33. Terminate
34. Music's __ Young Band
35. Movie studio
38. "__ _ Have to Say the Words?" by Bryan Adams
39. Ms. Tyler (of CBS' "The Talk")
41. Vito Corleone's gig: 2 wds.
43. Capital of Qatar
44. "Ocean __" by 54-40
46. Truck types
47. Late-Medieval war helmet
49. 'Exfol' ending
51. "Hockey Night in Canada" feature: 2 wds.
56. 90-second healthy living TV spot
59. Contaminate
60. Destiny's Child, and others
61. __-la-la
62. Ms. Macphail, Canada's first woman MP, in 1921
63. Fridge's friend
64. Ruler measurements [abbr.]
65. Shakespearean King

Down

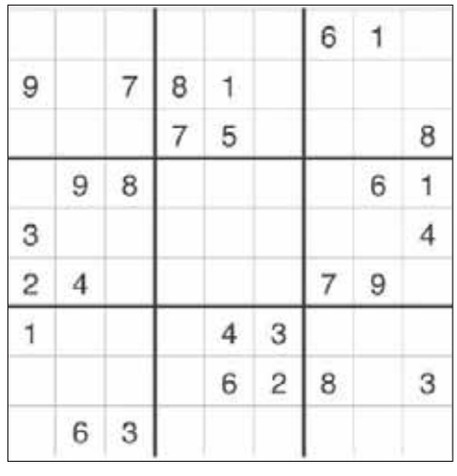
1. Music's Ms. Mitchell
2. Flemish painter, Jacob van __ the Elder
3. Music genre, __-pop
4. Workshop machine
5. Shaun of "This Hour Has 22 Minutes"
6. Mr. McGregor
7. Tenant
8. Actress Ms. Alley
9. Not new
10. Atlanta Braves' baseball div.
11. __ rummy
12. Moo-er
14. Great Big Sea song: "__-Mac"
17. Ms. Campbell
19. Reality star Ms. Montag
22. "In-_-__-Da-Vida" by Iron Butterfly
23. "Must you leave __ __?"
24. Sole pattern
25. Charioteering sun god
26. Ms. Cuthbert of ABC's "Happy Endings"
28. Commander __ (Lorne Greene's role on the late-1970s version of "Battlestar Galactica")
30. Harnesses
32. Grammy competitor, commonly
33. Gladiator's 111
36. Actress Ms. Hargitay's
37. What the insurance commercials duck says
40. Brit singer Ellie Goulding's current album
42. Norm
44. Particular fruit
45. "Yada, Yada...": 2 wds.
48. High-arc tennis shots
50. "__ Recall" (1990)
52. Damage
53. Fashion brand, __ Ricci
54. Power, for short
55. Lefts opp.
56. "Takin' Care of Business" gr.
57. Popcorn's Mr. Redenbacher, for short
58. Board game cube

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

Weather

TODAY — MAX: 3° MIN: -7°
SATURDAY — MAX: 0° MIN: -5°
SUNDAY — MAX: -3° MIN: -9°

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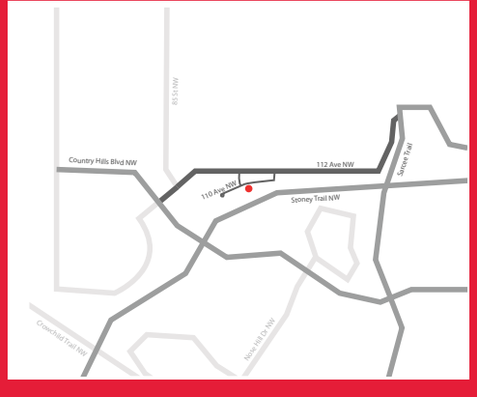

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